



# **S.O.A.R. Adult Program Trip**

## **Forest Ridge Park at Falls Lake**

Thursday, April 26, 2018

**Do you enjoy outdoor adventure? Want to learn how to canoe or take an easy hike?** Join us as we team up with the PRCR Adventure Program at Falls Lake. We will be leaving from the Anne Gordon Active Adult Center at Millbrook Exchange Park (1901 Spring Forest Road) at 9:00am.

The Falls Lake Project was developed by the US Army Corps of Engineers to control damaging floods and to supply a source of water for surrounding communities in 1978 after flooding of the Neuse River caused extensive damage to public and private properties including roadways, railroads, industrial sites and farmlands. Raleigh's PRCR newest park, Forest Ridge Park is located in Wake County on a 586-acre parcel on the northeast side of Falls Lake and at the end of Old NC 98. The unique peninsula formation provides access to the waterfront offering spectacular views and opportunities for water-based recreational programming. The park has trails for everyone, including single track mountain bike trails, hiking and multi-use trails as well as outdoors with our large open space, wooded terrain with lake views.

Join us as we explore this amazing space in your own backyard. The morning will begin with the Adventure Program staff teaching and reviewing some basic paddling techniques. All canoeing equipment is provided, so find a partner or team up with a staff member as you head out onto the water. We will enjoy a gentle paddle along the shore line before we pull out onto one of the many beach shores the lake has to offer to enjoy (on-your-own) packed lunch. Upon our return back to the park area we will be joined by the park staff for a guided tour of the exciting features the facility and park has to offer. Learn about the history of the land and how it became a lake and a park. Enjoy a gentle hike through the land as you enjoy the amazing sight and sounds of nature. The group will arrive back at the Anne Gordon Center in Raleigh at approximately 3:30pm.

\*Rain make up date will be May 3rd.

### **Price:**

\$43.00 City of Raleigh Resident

\$58.00 Non-City of Raleigh Resident

### **Price Includes:**

Transportation via department bus, boating equipment, learning basic paddling techniques, guided tour of Forest Ridge Park and hike, education session on lake history and land.

Bring your own packed lunch and drinks.

### **Patron Expectations:**

This trip has a moderate volume of walking expected, including some steps, and uneven paths with loose gravel and sand. Patron must be able to keep to the scheduled timeline of the trip. These boats are not wheelchair accessible. Please remember there is no one-on-one assistance provided by the escorts.

### **Cancellation Policy:**

Cancellations must be made in writing at least 14 days prior to trip departure date to receive a refund. Full or partial refunds will be made only if a replacement can be found, and are subject to non-refundable expenses incurred by the Department. If the Department cancels a trip, a full refund will be given.



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Five Point Center 919-996-4730**

**Anne Gordon Center 919-996-4720**

**Walnut Terrace Center 919-996-6160**



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**Make checks payable to:** City of Raleigh

**To Register: Complete the form below and return with full payment to:**

Five Points Center for Active Adults

*Adult Program*

2000 Noble Road Raleigh, NC 27608

Walk-in registrations are taken at any of our Active Adult Centers.

Credit Card payments can be made by phone or by RecLink: #225444

**For Additional Information Contact :** Adult Program Staff at 919-996-4730 or 919-996-4720

Keep top portion for your records

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**Forest Ridge Park at Falls Lake, NC Thursday, April 26, 2018 #225444**

All participants must have a current Yearly Trip Registration Form filled out and returned to the Adult Program to be registered for any Adult Program trip. The Yearly Trip Registration Form covers all trip waivers and registration January thru December. Forms can be obtained from any the Adult Trip Brochure, an Active Adult Center or on line at [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov) (keyword search Adult Yearly Trip).

Individuals without a current Yearly Trip Registration Form: A spot on the trip will be held while being placed on the trip waitlist until a current Yearly Trip Registration Form is received. Once the form is received participants on the waitlist will be moved over to the active trip list.

By submitting a registration form and payment it is understood that it is the responsibility of the patron to update any personal information prior to participating in any and all Adult Program trips.

Account Information    ☐ Account is Up To Date    ☐ Update Account Information    ☐ Create a New Account

Name of Participant \_\_\_\_\_ Name of Participant \_\_\_\_\_

Telephone \_\_\_\_\_

Only fill out the following information if an account needs to be updated or a new account needs to be created

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Primary Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these medical conditions for this participant: \_\_\_\_\_

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